

ADDRESSES AND INSTRUCTION BY THE ASCENDED MASTERS

Published in "The Bridge to Freedom" Journal

Volume VIII, April 1959 - March 1960

Ascended Masters	Maha Chohan—April—March
Speak—Apr., May, June,	plus May, June, July, Aug.
July, Aug.	Sept., Nov. (2), Jan. (2),
Astrea—April	Feb. (2)
Buddha, Lord (New)—Nov.	Michael, Lord—July
Chamuel, Lord—January	Mother Mary—Aug., Dec.,
Charity, Lady—December	Jan., March
Faith, Lady—July	Paul, the Venetian—June
Goddess of Liberty—Sept.	Sain Germain—Apr. Sept.
Goddess of Truth—Feb.	Serapis—April (2) May, Nov.
Himalaya, Lord—May	March
Jesus—Dec.—Jan.	Surya, Lord.—Sept.
Krishna, First—July, Aug.	Thomas Printz—Apr., May,
Kwan Yin, Lady—Aug.	June, July, Aug., Dec., Jan.
El Morya—Apr., Sept. (2),	Zadkiel—Oct., Jan.
Nov., Feb. (2), March	Vesta—Oct.

FEATURES IN THE APRIL ISSUE OF "HOPE MAGAZINE"

H HEALTH through prayers
O PULENCE through self-dominion
P EACE through illumination
E NLIGHTENMENT through understanding
 And biographical notes and pictures of the Ascended
 Master Jesus and the Ascended Lady Master Nada

THE BRIDGE TO FREEDOM

A Monthly Journal Devoted to Individual Unfoldment, Contact
with The Great White Brotherhood and Cooperative World Service

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MARCH, 1960

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THE BRIDGE TO FREEDOM

A Monthly Journal

Vol. 8

March, 1960

Núm. 12

THE ASCENSION TEMPLE

at Luxor, Egypt

The Ascended Master Retreat of the Month
March 15th, through April 14th 1960

Hierarch: Serapis Bey; Color of Flame: White; Musical Keynote: "Liebestraum", Liszt.

BREATHING STATEMENT FOR THE TRANSMISSION OF THE FLAME CLASS OF MARCH 19, 1960

1	2	3	4	5	6	7	8
"I AM"	inbreathing	the feeling of the power and joy of the Ascension Flame					
"I AM"	absorbing	the feeling of the power and joy of the Ascension Flame					
"I AM"	expanding	the feeling of the power and joy of the Ascension Flame					
"I AM"	projecting	the feeling of the power and joy of the Ascension Flame					

Description of the Ascension Temple: Please see "The Bridge to Freedom" Journal, Vol. I, Nos. 6, 9; Vol. III, No. 7; Vol. IV, No. 6; Vol. V, Nos. 4, 11; Vol. VI, No. 12; Vol. VIII, No. 1.

For Addresses by the Ascended Master Serapis Bey: Please see "The Bridge to Freedom" Journal, Vol. II, No. 4; Vol. III, No. 7; Vol. IV, Nos. 6, 10; Vol. VII, No. 6; Vol. VIII, Nos. 1, 12.

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ASCENDED MASTER SERAPIS BEY

Chohan or Director of the Fourth Ray of Purity

THE THREE CATEGORIES OF CANDIDATES FOR THE ASCENSION

An Address by the Ascended Master Serapis Bey

SPIRITS of God! Spirits of Light! Chelas who aspire to the Ascension! I bow before you! I am servant of your Life, summoned by the magnetic pull of your sweet soul which has demanded of the Universal redemption and immortal Freedom. For this, I have Being, for this I use the priceless gift of God-life Itself, that wherever a summons from the heart flame goes forth I may, standing within the aura of that one, activate the Ascension Flame, transmuting the energy which has through the centuries been qualified imperfectly and opening the door into that glorious and eternal Freedom which Life, within Itself, desires and knows is its natural habitat!

The Spirit of the Ascension Flame

It is My privilege and My honor to answer the summons from the heart when there is opportunity through the use of this mighty transcendent, glorious Intelligence, Spirit of the Ascension Flame, to raise a consciousness again to its natural God-estate. May I introduce to you the SPIRIT OF THE ASCENSION FLAME, a living, breathing Intelligence which does, when called into action, invoke from the electrons in every cell of your body that portion of Itself which is hidden within your own Light. As that Flame of the Ascension within yourself expands and meets the Spirit of the Ascension Flame in Its cosmic activity, the two become ONE and the mystic activity of transmutation and ascension takes place!

Within every electron of that Light that flows so freely and so constantly from the Source of the Universal into your hearts, is every qualification of the Sacred Fire, is every power of the

Sacred Fire, which in cosmic capacity is held within the atmosphere of Earth by Spiritual Intelligences, and when the Cosmic Being Who chooses to embody the activity and hold it in the atmosphere of Earth as a radiating center, is summoned by your Life and magnetizes the dormant quality within the electrons and draws that forth, you have the merging of the individual and the cosmic, whether it be of transmutation by the Presence of Holy Amethyst, whether it be of resurrection through the Presence of the Mighty Gabriel, whether it be the activity of the Ascension Flame in the beautiful Spirit of Luxor!

"Aloha"—the Song of the Ascension

As you sang that magnificent song to the Ascension (Aloha) which is the keynote of the beloved Spirit of the Ascension Flame, I am sure you felt stirring within yourself the activity of that Flame, which when released does change the quality of the flesh, change the quality of the etheric body, change the quality of the emotional body and the mental body as well, and which does quicken the vibratory action in every cell and atom of your inner vehicles as well as your flesh, raising you to a closer vibratory action with that of the God-free.

Beloved ones, I cannot point you too concentratedly towards the fact that **within the electron, within the primal essence of Life** that flows to you there waits Fire! Fire! The Fire which becomes the bread on your table, the substance that clothes you, the fire that becomes the transmutation of your transgressions into harmonious energy; the Fire that becomes for you the actual Elixir of healing, the Fire that becomes for you the Resurrection of the powers which you knew in the Great Central Sun and in the Inner Spheres, and here even in the physical world in ages that have been past; the Fire which one day, when your momentum is builded to a point, will join with the Cosmic Flame and give to you that marvelous experience which you have come to know intellectually as the Ascension of self!

Your health and supply are within you

Each electron, each heart beat, each vital light cell answers every summons and call you make upon it, and graciously says: "All this I can do and more", when you summon It forth as Jesus summoned Lazaruth from the tomb. When you summon It forth from within the depths of your being that power of the Sacred Fire which is the requirement of every moment answers. Opportunities are manifold! There is in the course of your hourly living, opportunity to summon forth peace or justice, harmony or restitution of divine perfection into distortion of form, or balance of mind and body, or supply! How can the consciousness of students linger longer in appearances of lack and limitation when within the essence of the electron is lying quiescent the very Nature of God Himself!

At Luxor, beloved ones, where you have visited Me on and off through the centuries, hopefully aspiring toward redemption, Our complete discipline lies in turning the consciousness of the aspirant and the neophyte **INWARD to the Flaming Heart Beat** until such an one can draw from that Heart-beat even the necessities to nourish the physical body as Jesus drew the manna from Heaven; and the clothing, the very garments with which the initiate approaches the altar are woven out of the energies of his own primal Life! Mastery and completeness is within the unit as the oak tree is within the acorn and the chicken is within the egg. As the smallest and most insignificant seed contains within itself not only the pattern of its full flower but the way and means of externalizing that pattern, the nourishment required, the magnetic pull upon the elements to develop itself—so of a certainty is the Divine Pattern within the heart of man and Life Itself endowed with self-sufficiency and it requires but a realization that within that Light that flows, beloved ones, in countless millions and millions and millions of units into your world each minute, is the fullness of healing, of freedom, of illumination, of every God desire!

The Three Reasons for Your Ascension

Those of you who have upon your breast "Candidate for the Ascension", are blessed of all the mankind embodied today! You have been chosen for one of three reasons, chosen mind you, in the great Halls of Karma before you were granted the privilege of taking an earth body.

(1) Your energy almost redeemed

You were chosen because you had become a harmless one, whose energy has been almost completely redeemed and whose cycle of individualization is ready to close and who has transmuted through many ages of saintly living the majority of those energies qualified imperfectly and have therefore by that very preparation of the ages, signified to Life through the color bands in your Causal Body that there is opportunity for you to write your name upon the last page of your Book of Life, seal It and place It forever in the records of eternity.

(2) You have decided to take back all energy unredeemed

Or you are those whose souls have awakened from a long soul sleep and have remembered the glories, majesties and powers on other stars in other systems and in other universes, and who waking, feel intensely and deeply the loss of your powers, the loss of your freedom and through that intensity have demanded the opportunity of completing the cycle of your manifest expression quickly and have decided to make the great sacrifice, taking back at no matter what personal cost or discipline, all the energies unredeemed, in one short life. You have been examined by the Law and have been found capable of making this sacrifice and the Karmic Board has agreed to release your karma to you, knowing you can hold the balance through its pressure, and if you endure unto the end can earn the seamless Garment of Light.

(3) You have volunteered to become Guardian Spirits

Or you are in the third category—those who have renounced freedom to come in this period of cosmic change when the Sixth Ray played its last chord, when the gently opening notes of the Seventh Ray are sounded on the cosmic organ, and who desire for love of God and your fellowman to offer your bodies as conductors of these subtle currents as step-down transformers, receive the instructions directly from the Ascended Masters and to carry that instruction in a more mercifully transformed form into the consciousness of mankind as volunteered Guardian Spirits!

You are presented before the Karmic Board

In any one of these three cases you were presented before the Karmic Board and the colors in your Causal Body had to be looked upon by the entire Seven Members. Any individual who is passed as a Candidate for the Ascension must have a pretty well balanced Causal Body. Concentric rings of force distinguish the Causal Body of an initiate, and adept, and a conscious chela who can bear the burden of more than ordinary responsibility. These rings, much like the colors in the upper figure on the Chart, are rhythmically pouring out waves of Light into the upper atmosphere. The inner spheres in which the Christ Selves dwell look as if they were in a constant state of greeting the Sun in a brilliant dawn.

There will be more Ascensions Now

I ask you to learn from every man, because as he perhaps is developed in another portion of expression, so will you develop the Band of Color within your Causal Body that perhaps needs nourishment, as well as give to him from the storehouse of your faith, your light, your opulence, your beauty or your peace.

These individuals who passed the Karmic Board as Candidates for the Ascension in the course of one earth life, are few compared

to the masses. There has to be a minimum number of possible lifestreams who can make the Ascension in one embodiment in incarnation to hold the balance of the inner current for the Earth, however; but because of the closing of the Cycle, greater numbers of these individuals have embodied recently and from this point forth we are making a tremendous application to the Karmic Board that the greater numbers of prepared lifestreams at inner levels be given the first opportunity.

The great Archangel Michael, you will remember, secured a dispensation in gratitude for the student body's service which freed every lifestream belonging to any student who had given their life to this Activity and who had passed through the change called "death", or will in the future pass through that change, from the necessity of re-embodiment. We know the gratitude that rose from your hearts and the sweet essence of joy in your unselfish happiness that those parts of life that were near and dear to you would be free.

You have not thought perhaps, in detail of all the endeavor and all of the thought and feeling that had to go into the preparation at inner level to have these individuals complete their own evolution when no longer allowed the theater of Earth in which to gain experience of cause and effect. You know, and I say this in kindness, the condition of the minds and hearts and consciousness of many of those who are included in this dispensation, and yet something had to be done to give to them opportunity which their consciousness could assimilate and digest, no matter how orthodox the mind might have been.

New Ascension Temples for your loved ones

Therefore, the Brotherhood at Luxor and the Ascension Brotherhood began the magnificent task of creating Ascension Temples into which these lifestreams could be drawn. They are magnificent, all white Temples of blazing Light; the doors are sometimes forty or fifty feet in height. The Silent Watchers of

the inner spheres gather and dress in white every one of those who have come under this Dispensation and they are enrolled in active, conscious instruction in the use of the Sacred Fire. Is not this time on Earth a cosmic moment among moments? I thank you for feeling this so deeply for I understand, dear hearts, that the conscious mind is staggered oftentimes by the truths that We bring, and yet it is all Love, and We Who are free, just love to serve Life!

At this time of year you have the Resurrection Flame of Lord Gabriel and the Ascension Flame of My Own Heart meeting; you have the Christian dispensation of Holy Thursday rising to the crescendo of Easter Sunday; you have the Feast of the Passover and all the radiation of the Elohim, the Angelic Host, the Be'loved Moses and Those Who govern the Jewish dispensation, all focused together. Do you realize the powers that are focused through your sweet bodies? And may I say, because I have known you so long, I have seen your actions and reactions under stress and under strain, in the Name of God **HOLD YOUR PEACE, hold your tongue** and guard your energy because you are batteries of power, and once you begin to loose your energies through the tongue, they will run away from you. Each one of you feel as though you are in a private Retreat for you have all of this magnificent inner activity to contemplate within the harmony of your own self, loving Life free, and you can have a tremendous cosmic blessing.

I thank you for your many visits to Luxor and I ask you now to remember that the Ascension Flame is within the electron is within your heart'. Your Friend, your Servant, awaiting your summons and answering your call and Who has loved you for centuries.

SERAPIS

CARRY ON, IN OUR NAME, FOR THE SEVENTH ROOT RACE IS MARCHING ON!

An Address by beloved El Morya

The Ashram

December 27, 1959

I come in the Name, by the Power, in the Authority of Love Divine... that Love which will not let you go, but chooses rather to sustain and perfect every lifestream belonging to this evolution until this Earth is Free. I come with Illumination, for I know the Divine Pattern for this Earth, as held in the Planetary Silent Watcher's Heart. (The beloved Immaculata.)

I come, not with the lash and whip, but with Illumined Faith and Constant Enthusiasm for the Externalization of God's Plan fulfilled here and now. We love you well; seeing what you have done, are doing, and yet are to do. We forswore Nirvana to help imprisoned life everywhere. Nirvana is a beautiful consciousness of bliss, where Beings live in the Aura of the Godhead, directing therefrom the blessing of Their Light. When One consciously forswears Nirvana He holds that feeling of the Godhead and yet serves aeon after aeon to help the mankind of Earth until every one is redeemed. Then We can fold Our cloaks about and proceed upon another venture or join the happy Ones in the Nirvanic State.

The Earth shall be a Shining Star

Once upon a time long ago, long before you can remember, the Earth was a very beautiful and shining planet and all of its peoples were magnificent in their perfection. Now, due to aeons of living, the Earth does not show that perfection and that is Our Cause to redeem It quickly; restore it to perfection and bring mankind again into conscious communication with the

Angelic Host and the transmuted happy Elemental Kingdom, just bringing the trinity of the elementals, the Angels and mankind into the beloved Ascended Master Saint Germain's Royal Court for this Golden Age. It shall be permanent and it shall be a shining Star indeed. Freedom's Holy Star, It shall be called and again the love and light that flows to and through It will make It one of the Brightest of the Stars in this System.

That is the reason that We have the Teton meetings; it is the reason that We seem to push you towards greater endeavor; just so that your own Light may expand, so that each and every one of you in the course of this Earth life may wind up perfectly every bit of untransmuted karma, not only for yourselves but for the peoples of Earth.

That is a tremendous task, beloved ones, as it takes in about ten billion people belonging to the Earth besides all imprisoned Angels and all animal life and all living things, yet the Power of God, which is Love, is greater than all these appearances.

That is how I know, for "I AM" fired with that feeling of Illumined Faith and Understanding and Obedience. That Power of Faith I bring to you in Love's Name.

Peace is an activity of God

When you left Tara's Halls and went for a time on the highways and the byways. I continued to play that beautiful harp of Tara; knowing in full Illumined Faith that you would RETURN to manifest perfection, each according to your own free will; some more quickly than others and some of you sustaining your physical vehicles here on this Earthplane even unto this very day and hour. Blessed ones, We are Beings of Love. Sometimes We are considered strenuous in Our endeavors to continue to point out the Law to you, so that you, too, may manifest that Love. We have loved you from the very beginning of Our Own Individualization and then after Our Ascension.

All want some time of peace; all want some time of activity and that is balance which comes with Illumined Faith. The peace is good as long as it is not lethargic, as long as it is illumined and directed by the Powers of God. The activity is good so long as it is constructive and proceeds to give assistance to life everywhere. Then it, too, becomes an activity of God.

Utilize the Power of Hope and Gabriel

The Sponsors at the Teton are preparing magnificent violet and purple Thrones for the year 1960. Many of the Guests have already given their petitions to the Angel of the Scrolls. I know that all of you will prepare yourselves to speak on behalf of imprisoned life everywhere as your voices ring out and are heard by all there assembled and all say "aye" and give unto Us that energy and power We require to manifest in 1960 the Divine plans bursting to come forth to prepare for the Seventh Root Race and Beloved Ascended Master Saint Germain's Golden Age quickly.

Utilize the power of the beloved Hope and the beloved Gabriel to CHARGE and CHARGE and CHARGE into your minds, bodies, beings and worlds and affairs right here and now that Illumined Enthusiasm and capacity to continue on in Illumined Faith until you manifest the full expression of God's Divine Plan for you.

As, I, your Guru, have taken it upon Myself to teach you the Cosmic Law, so also have I assumed your karma (good and evil) transmuting the evil by Love Divine. Why? Because I love life and loving life so much, seeing a planet divested of her beauty and perfection "I AM" endeavoring to set that imprisoned life Free until It is truly Freedom's Holy Star.

A New Planet

Even Excelsior is more beautiful, with its little men and women and its shining movement in space, than the Earth, which has had opportunity after opportunity to externalize perfection. Yet being

of a very positive Nature, as you all know, "I AM" and shall remain—I shall continue to impress the consciousness of unascented lifestreams with the Perfection of that glorious Plan until it is manifested here on this Earth through each and every one, until the Earth shines again as It did in the beginning.

We are begining another planet (besides the shining Excelsior) where you shall have great opportunity to serve. As yet, We have not directed the Cosmic Ray through It, to set It into motion. It is a planet to be peopled particularly by elemental life which has not yet achieved its full freedom on this Earth.

I know you have all felt the pressure of My Presence many times; and now this morning I enfold you in a Luminous Presence of Myself, Which is going to be sustained eternally; you shall never forget it, waking or sleeping, day or night, twenty-four hours, until the Full Expression of God Almighty DOES MANIFEST through you and your fellowman.

Prepare for the Seventh Root Race

We represent Power. Our Realm is the Blue Ray; the Power of Almighty God to set into action those causes and cores at Inner Levels that MUST MANIFEST in this world of form. There is nothing that can shake Our Faith in that and as We charge into your worlds that same feeling through My Luminous Presence, you, too, will accept in Illumined Faith the Perfection for this planet Earth and for all of Her peoples and evolutions and We will quickly, by the Power of My Love and the Powers of the Sacred Fire that are vested in each and everyone of you, see a planet where the great Lord Saint Germain can come forth quickly and bring forth His Seventh Root Race in dignity.

How do you think that that Being feels, that magnificent Being of Love and Light and Power, Who has so much ready for release into this world of form; so many Beings prepared by the Seventh Root Manu? The Sixth Root Race and Its subraces are responsible for the preparation of this planet so that the

beauty and delicacy of the Seventh Root Race may come forth quickly, to manifest eternally perfect and that the Earth moving forward may give forth Her song of Love and Light to all that is!

You do accept this morning for I feel My Presence within you expanding through you in the fulness of Its Love and Light and in that acceptance is your Victory through the Light. There is no other eternal Victory except that which comes through Light, so I thank you; I thank you for your Love and Light, your Illumined Faith your constancy of service, your ability and capacity to continue in that service until this Earth IS the manifest expression of the Star which Saint Germain must have before His Root Race can manifest here.

We are come to bring to you the fulness of Our love and gratitude for your assistance in this Service until the Hour comes when the human creation parts and you see Me face to face. I enfold you, until that time, in a Luminous Presence of Myself, which is eternally sustained, and you shall never forget It, waking or sleeping, day or night until the full expression of God Almighty does manifest through you and your fellowman.

Carry on in Our Name, in Our Service and in the dignity and Mastery of Our love until you are, each one, God Free! Thus I remain always, your humble Servant in the Light."

OUR GRATITUDE

We wish to express our gratitude for the numerous letters received showing appreciation for the new formats of "The Bridge" and "Hope". We wish to thank our readers as well for rapidly renewing their subscriptions and subscribing also to "Hope" Magazine, as they see that "Hope" is an extension of "The Bridge".

We beg the cooperation of every reader to enable us to reach our goal of this year, which is, "Every "Bridge" subscriber, a "Hope" subscriber also".

We thank you.

THE STAFF

THE BRIDGE TO FREEDOM

A Monthly Journal

KEYNOTE OF OUR SECOND SEVEN-YEAR CYCLE:
FREEDOM, PEACE, IMPERSONALITY, CO-OPERATION, EXPANSION

Vol. 8

March, 1960

Núm. 12

THE PATH TO THE ASCENSION

Monthly Letter to the Transmission of the Flame Class
of March 19, 1960

Beloved children of the Light, who aspire to the Ascension:

In this thirty day period (March 15th through April 14th, 1960) when the Holy Temple of the Ascension is Host to mankind, and really, also during the balance of your physical life, there are two things you require to know about the Ascension in the Light, your return to the Realm of Perfection: the Path to It, and how to show this Path to others.

The Path to It is the redemption endeavor. A constant self-dominion and purification of the four lower bodies, the emotional, mental, etheric and physical. This will enable you to ascend daily from disease to health, from lack to supply, from discord to harmony, from ignorance of the Truth to enlightenment.

As to showing to others the Path there is no better way than by example. Let others see that you live and act as if you were a representative of an Ascended Master on the Earth, and you will really be one if you carry out the precepts of "The Code of Conduct for a Disciple of the Holy Spirit".

There is something else you can do which will have a tremendous effect, if you only knew it. Devote at least fifteen minutes a day to contemplate the glories of the Ascension in the Light. See all people in your community, in your nation, in the

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whole world active at self-dominion and purification and realizing that **there is no death**. Visualize yourself addressing an invisible audience convincing them of these facts.

If you do this faithfully, sincerely, punctually you will be astonished at the results. In a few days you will find friends in the street asking you questions like this, "Do you believe there is life after death?" This is the effect of your daily contemplation.

Know the Path to the Ascension, and show It to others. This is your highest calling.

The Botherhood at Luxor has this year a very important assignment, as the number of Ascensions will be larger in 1960. The personal presence, in consciousness, at the Temple of the Ascension of every one who reads these lines is earnestly requested by My Beloved Son, Serapis Bey, and by My humble Self. One word to the wise is enough.

Love and Blessings

MAHA CHOHAN

ON LISTENING GRACE

An Address by Beloved Mother Mary

The Ashram

December 24, 1959

BLESSED and beloved of My Heart of Love! Again We, and you too, re-live the Christmas Season, a Season in Which there is born every year the Magnificent Powers of My Own Blessed Son, Jesus! I give to you, the love of Heaven and I bring to you all of the Spirit of the Christ, having seen beloved Jesus go through so many trials, true, but He always passed through those trials in a God-Victorious manner, through

the use of the Power of Divine Love and the Light Which was within Him and which is also, of course, anchored within your dear Holy Christ Flames!

It is one of My Opportunities to see you, each one, passing through similar trials and giving to you, through a dispensation of the Cosmic Law, similar protection and blessing which I gave at that time to **One Boy**, Whose birthdate mankind choose to celebrate on the morrow. As your Mother, it is My desire that you shall accept and use the Power of God "I AM", particularly the gifts of the Angelic Host, of Whom, "I AM" a Member and Who shall be such an activating Power in the year 1960. Let Us not spend so much time on the intellectual theories of the past! Let Us, rather, accept the glorious feeling of God accomplishment in the present, right Here and Now!

1960, an important year

The first beginning was small, beloved ones; only two of Us, Joseph and Myself; then the third. Think how the Christ religion has expanded through those centuries because it was anchored first and foremost in Love Divine and We were guarded constantly because We remained always in a state of listening grace from the human creations of the outer world that would seek to destroy the Messiah or that would seek in any way to cause Him lack of power and authority to gain God-victory as He did and He has gained through the thousands of years that have been since that time more victory, for everyone that enters the Ascended Master Realm gains the victory not only of what They have been that is good but then They become part of the great whole which is the Great White Brotherhood. That victory then is the gift returned to any unascended being endeavoring to expand the Light wheresoever he or she may be.

The Year of 1960 will be a year of tremendous import to you all. As you know, it is the year when the Angels come close to men. Belonging as I do to the Angelic Host, I AM very

familiar with the power of the Angels; very familiar with the activity of Their feeling and the pressure that can enter into your feeling from Them. We of the Angelic Host seldom take embodiment but the Angelic Host that is around at Christmas time, They are Those Who have never taken embodiment. Therefore They know only the feeling of God, the very Nature of the God That made you and made Me. That feeling can be transferred into your mind, consciousness and outerself with so little except the acceptance by your precious hearts of the feelings of the Angels of Faith, and Illumination, Love, Purity, Perception, Healing and Freedom.

These are the gifts that are repeated over and over again to you, as They are the gifts of the mighty Chohans Whom you love and Whom you have served. But a gift unused is a gift forgotten or a gift etherealized again into the Sphere from whence it came. Now let Us take for instance a piece of paper—beloved ones that paper represents Our Light given to you; Our Life and Energy woven into the substance of your life. I can offer that to you or any of the Ascended Beings can but if you do not accept such a gift, it goes through a process of etherealization and returns again into the unformed, just as that paper does through the power of the Sacred Fire. (A piece of paper was lighted and allowed to burn to ash.)

The Gifts of the Angelic Host

Let us be among those who can and will receive, joyously and happily, the gifts and powers of the Angelic Host and the glory of freedom that is part and parcel of your being, and the Divine Radiation which is that of the Holy Season and make of it whatsoever you require to manifest God-perfection. Will you do this? As your Mother it is My desire, My hope, My prayer that you shall so accept by the power of My love for you those gifts We All have for you, particularly the Angelic Host at this time.

Oh, yes, you say" but the years take toll; they show and I yearn for the 'Over There'. Have you thought, beloved ones, why they have no mirrors or calendars at Luxor and that your 'Over There' is just what you make here! So straighten your spines and BE like Sanat Kumara, the Youth of Eternal Summers! If you do not like what you see in the mirror, through the power of acceptance do not look upon it, but you can feel the radiation and gifts which are Ours at all times. NOW, beloved ones, accept that feeling, that healing essence which is the Gift of My Life flowing into, through and around you and around all in distress, removing the cause and core of that distress and replacing it by God Happiness, right here and right now!

Be rid of imperfections

When at Lourdes or Fatima, people have Faith enough to accept Healing, throw away their crutches, and Be Free of Distress, yet in those Holy Shrines is only the Luminous Presence of Myself; here "I AM" in Person. In God's Mighty Name "I AM". LET GO of imperfection and become Myself in action in the world of form! We would not continuously remind you of the possibility of such manifestation of the gifts of God acting through you if They were not possible of accomplishment. True, your worlds seem to be filled with many tasks, but in My unascended state, so were Mine! One of the peculiarities of the human mind is to allow it so say "yes that is all right for Me or My Son but not for me (which is a repellant shell around you) rejecting the blessings which can be yours today! Jesus' Mission was to manifest God through man! It is your mission also. From Jesus, the Angelic Kingdom and all mankind, as well as the Spirit of Christmas, I give My Love and Gifts to you.

I worked alone in the power of beloved Maitreya with the help of blessed Jesus and Joseph but it was not an easy task all those years, except for that wonderful illumined faith; that illumined faith in the goodness of God which drew Me forth from the human creation and helped Us hold the Immaculate

Concept until that Concept was manifest in human form. Now that Concept I hold for you; take it or not. One day I shall meet you, here or There, and I shall again remind you "beloved child, I have been holding for you that Immaculate Concept, now we must learn to hold It for ourselves and for each other".

Grace defined

One of the peculiarities of the Angelic Host is the capacity to read the minds of the students and I see repeatedly although We speak in simple terms and powers that your consciousness says "oh yeah, but" and it is that "but" that is a shell repelling God's Goodness from you.

Why should people who associate with Divine Beings, who have the privilege and honor of Our Presence EVER feel for any reason whatsoever that there is not a Power of Resuscitation, there is not a Power of Healing in this universe that can act here in this physical world and that there is no gift greater than that of God to manifest through man. That was Jesus' Mission-God manifest through Man. It is your mission. It is the mission of every soul on every Planet, and particularly the children of our beloved Saint Germain that they manifest that Godliness which of course is never accomplished through human will but through the Gift of Grace.

What is Grace?—the mind will say. It is the capacity to listen to the Power of God and consciously and positively reject the powers of evil and that Grace enables you to become the fulness of Itself. That is how I learned when the Angels came; when the messages came; when the various and sundry warnings came, by staying in that Silence within although I worked as a Woman. I carried water from the well. I worked in the garden. But I kept a certain portion of Me constantly in that State of Grace and that is My reason for suggesting to you that you develop a Listening Grace through the Power of the God That made you and be wise enough to know what that Grace is; be wise enough

to know what the human creation that speaks also to you is and be wise enough to be POSITIVE, until you have manifested perfection.

What is required of chelas

Think you not that We were not positive, Joseph and I. We could have fled from Herod's army; spent that time in Egypt in that heat; returned to ordinary living. Think you not Jesus Himself was not positive when He made that long trip over the Himalayas to see the Divine Director to learn those magnificent words "I AM the Resurrection and the Life". Think you He was not positive when He went into Jerusalem Himself and knowing the trial that was to come, was willing to give the physical body temporarily to the powers of evil to PROVE there is no death. **THOSE ARE THE POSITIVE QUALITIES** that are required of the worthy chela of Light. There is no such thing, beloved ones, as lukewarm chelas. There is no such thing as the individual who is negatively good. We must have the positiveness qualified by love, understanding and manifesting that in every experience of life.

So from Jesus Himself, from the Angelic Kingdom, from the Spirit of Christmas, from all that It represents, I send and give My Gift to you. Shall it be like the paper, burned away, or shall it be a living, breathing enthusiasm in you, to make you truly a Christus! Many sermons will be spoken today; songs will be sung, but they all feel the one Jesus did the entire job. Oh, beloved ones, that is not a Truth; every Being must become a Divine Being Himself.

COME NOW, AWAKEN AND BE that Christ wheresoever you are. Right Here, be still, and in My Presence let go of distress and accept perfection, for yourselves and all living things! This is Our Christmas Gift to you. Your acceptance of Our Reality is your gift to Us.

THE CONTEMPLATION OF THE HOLY TRINITY PICTURE

THE daily contemplation of The Holy Trinity Picture will enable the student to visualize and realize effectively **three major activities** indispensable for his illumination, his health and his abundance of all good things, as well as for the acceleration of the processes that will lead him to his Ascension in the Light. These are:

First: The use of the two weapons mentioned in the Scriptures: the **aggressive**, in our case, the daily use of the Violet Transmuting Flame around the four lower bodies as well as the use of the Sword of Blue Flame; the **defensive**, such as putting on the armour or mantle of Light, previously called the tube of light. This, done daily, while visualizing this Picture, is in itself alone a tremendous benefit which the student will receive. (See Rom XIII:12; II Cor. X:4; I Thes V:8; and Eph VI:14-17.)

Second: The establishment of the connection with the "I AM" Presence. It has been repeatedly stated that when one looks at a picture one establishes a direct, though invisible, connection with the original, in this case with your "I AM" Presence.

Third: The reception of the Blessings from the "I AM" Presence. **The Holy Trinity Picture** is a constant open channel through which flow to the student the Gifts from the Causal body, when he contemplates It.

Read also the issues of June and September of "The Bridge to Freedom" Journal which contain the Dedication, Description and Symbolism of **The Holy Trinity Picture**. May you avail yourselves of the great blessings that through the contemplation of **The Holy Trinity Picture** will be poured upon you and your loved ones.

The Holy Trinity Picture is available in three sizes: 12" x 20" at \$2.00; 4 1/4" x 7" at 0.50 cts. and 2" x 3" at \$1.30 per dozen. Obtainable from **The Bridge to Freedom Inc., R.F.D. 1-Box 321, Charlottesville, Va., U.S.A.**